

A Message To Teachers

This unit has been designed to be used over a five-day period. The "day" is denoted in the circle located in the top right-hand corner of each activity.

You can use these units with students aged between 8-12 years of age. The majority of these activities have been designed to allow students to provide written or illustrated responses, encouraging all students to participate.

At the end of each unit, students are provided with the contact details for **Childline**, who have given ClickView permission to include this information. Please encourage students to reach out if they feel like they need help, either to Childline, or to a trusted friend or adult.

Please see the other titles of this series on **ClickView**. Each title comes with a unique 5-day activity pack for students:

- *Resilience*
- *Healthy Habits*
- *Identity and Values*
- *Motivation*
- *Relationships*
- *Confidence*